

# Leadership Webinar Series

This 4 week, interactive program led by EAP Coordinator, Cris Zamora, is designed for managers and supervisors and will cover emotional intelligence, emotion management and employee morale.

## Week 1 - Introduction to Emotional Intelligence

- Assess your degree of Emotional Intelligence (EI) and learn strategies to improve EI.

## Week 2 - Managing Your Emotions at Work

- Learn to recognize and manage negative emotions and key strategies to resolve conflicts.

## Week 3 - Addressing Employee Morale

- Learn how the perception of confidence, control and sense of community impacts morale and identify common causes that lead to workplace negativity and tips for preventing this phenomenon.

## Week 4 - Motivating People at Work

- Understand intrinsic/extrinsic motivation and psychological contracts.

**Healthy Rewards:** Earn 10 points if you attend 3 of the 4 sessions.

## Winter 2023 Dates

Week 1: March 01, 2023

Week 2: March 14, 2023

Week 3: March 22, 2023

Week 4: March 29, 2023

## Time

12pm to 1pm

## Location

GoToWebinar

## Register

Week 1—[click here](#) to register

Week 2—[click here](#) to register

Week 3—[click here](#) to register

Week 4—[click here](#) to register

**Participants must register for each week individually.**

Contact Cris Zamora at [czamora@milwaukee.gov](mailto:czamora@milwaukee.gov) or

A *GoToWebinar* link will be send out to registered participants via email for each session date.



Employee Assistance Program



City of Milwaukee EAP

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